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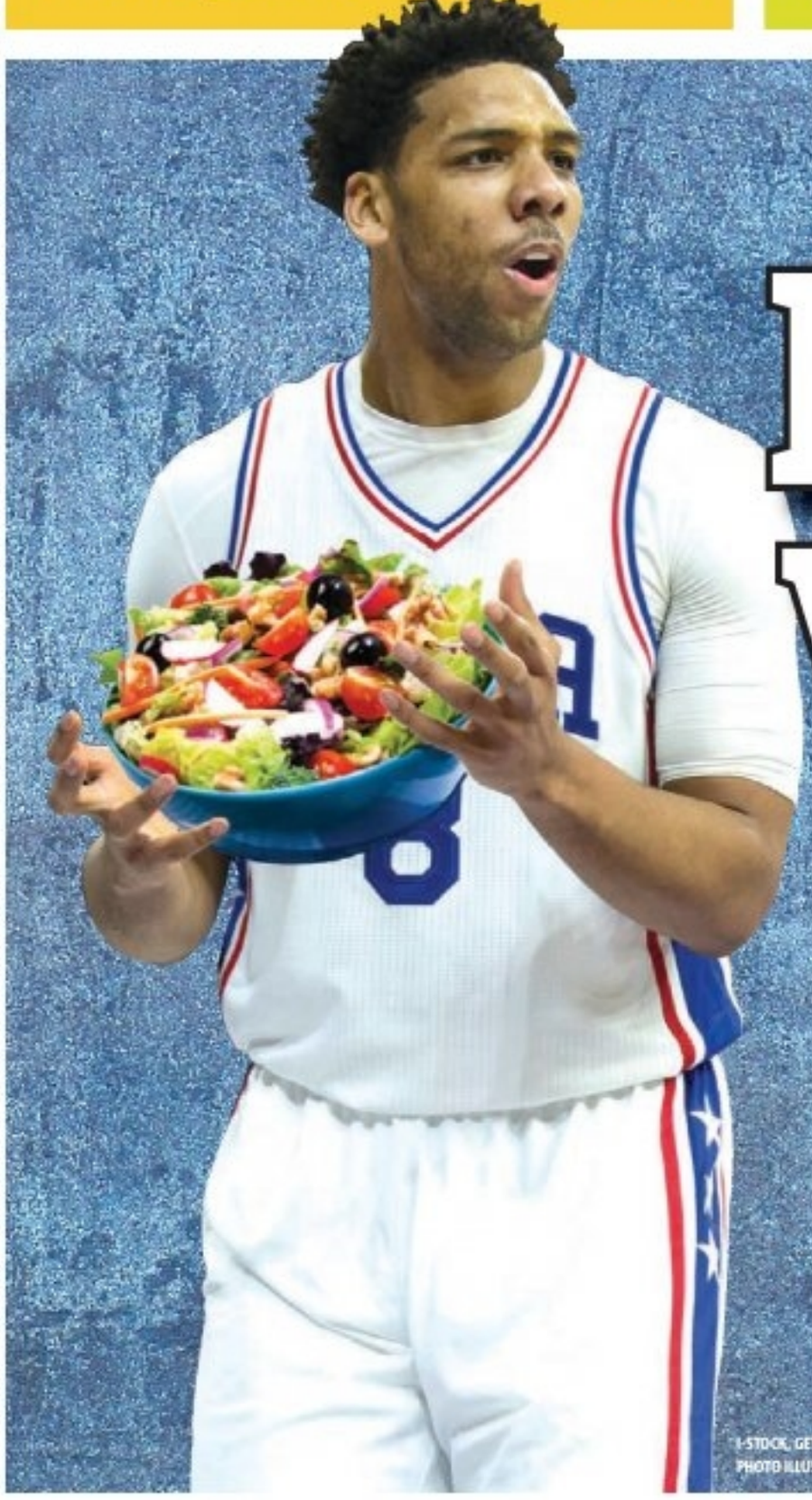

RUNS ON VEGGIES

Sixers big man Jahlil Okafor chose the summer before his third NBA season to dramatically change his diet and improve his health and knee pain. 4-5

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JENNIFER LOGUE, FEATURES EDITOR

One of the hottest shows on television is back tonight with new episodes — "This Is Us!" We take a look back at our favorite moments from the show so far that include everything from Thanksgiving traditions to earth shattering family secrets to pot brownies. What will Season 2 have in store for us? Looks like we'll all have to tune in tonight to find out. **metrophilly.us**

NORTH KOREA SAYS US 'DECLARED WAR'

1 North Korea's foreign minister said President Donald Trump had declared war on North Korea and that Pyongyang reserved the right to take countermeasures, including shooting down U.S. bombers even if they are not in its air space. Ri Yong Ho said a Twitter message by Trump on Saturday in which the president warned that the minister and North Korean leader Kim Jong Un "won't be around much longer" if they acted on their threats amounted to a declaration of war. White House spokeswoman Sarah Sanders on Monday denied the United States had declared war, calling the suggestion "absurd". Speaking earlier in New York, where he had been attending the annual U.N. General Assembly, Ri told reporters: "The whole world should clearly remember it was the U.S. who first declared war on our country."

HEALTHCARE DOOMED AFTER COLLINS SAYS NO

2 A last ditch Republican effort to repeal Obamacare appeared doomed after Senator Susan Collins became the third Republican senator to announce opposition to the bill. Collins, who joined Senators John McCain and Rand Paul in opposing the legislation, told reporters that sweeping cuts in the Medicaid program was the main reason for opposing the bill to end Obamacare, a top priority for President Donald Trump Collins said the bill would have taken more than a trillion dollars out of Medicaid, a program for low income citizens and disabled children, between 2020 and 2036. She also opposed the bill for weakening protections for people with pre-existing conditions, such as asthma, cancer and diabetes. "So for those reasons, I cannot support the bill," Collins told reporters outside the Senate chambers.

5 THINGS YOU NEED TO KNOW

DANGER NEAR PUERTO RICO DAM

3 Most people living near a crumbling dam in storm-battered Puerto Rico have been moved to safety, Gov. Ricardo Rossello said on Monday, as he urged the U.S. Congress to fund an aid package to avert a humanitarian crisis after Hurricane Maria. Much of the Caribbean island, a U.S. territory with a population of 3.4 million, is still without electricity five days after Maria struck with ferocious winds and torrential rains, the most powerful hurricane to hit Puerto Rico for nearly a century. There have been growing concerns for some 70,000 people who live in the river valley below the Guajataca Dam in the island's northwest, where cracks were seen on Friday in the 88-year-old earthen structure. Rossello said he was working on the assumption that the 120-foot dam would collapse.

GETTY IMAGES

MANNING SAYS SHE WAS DENIED ENTRY TO CANADA

4 Chelsea Manning was turned back at the Canadian-U.S. border because she was convicted of espionage for passing information to Wikileaks, the former U.S. intelligence analyst said on Monday. Manning told Reuters via direct message on Twitter that she drove up to the Canadian border in Lacolle, Quebec, on Thursday evening, planning to vacation in Montreal and Vancouver. She said she was stopped at the border and detained overnight before being handed a report stating she was inadmissible "on grounds of serious criminality," according to a picture of the report she posted online. The offenses Manning was convicted of under the U.S. Espionage Act "would equate to an indictable offense, namely treason" if committed in Canada, the report read.

CHANGE IN HANDLING OF POLITICS ADS

5 Facebook and Google have little choice but to rein in internet political ads in the face of growing government pressure, a panel of advertising consultants said. Speaking at a trade conference, the marketers seized on allegations that Russian operatives bought U.S. political ads on Facebook as evidence that the sector cannot go on being unregulated. "I think there will be more scrutiny, and there better be more self-regulation. Otherwise, I think regulation will be coming," Brent McGoldrick, a political ad consultant and a Republican, said at Advertising Week. Last week, Facebook CEO Mark Zuckerberg vowed to do more to deter governments from using Facebook to manipulate elections in other countries, after the company disclosed $100,000 in Russian ad purchases in the months before and after the 2016 U.S. presidential election.

REPORT

Violent crime rose 4.1 percent nationwide in 2016 compared to the 2015 estimates, the U.S. Justice Department said on Monday. Violent crime, which the report defines as non-negligent killings, rape, robbery and aggravated assault, had steadily dropped since 2006, but had increased slightly in 2015. Source: FBI annual report

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Key Sixers player commences a vegan diet

Center Jahlil Okafor misses McGriddles, but he is powering on with a vegan diet.

EVAN MACY AND SAM NEWHOUSE
@MetroPhilly
letters@metro.us

When we look at our best and brightest athletes, we think their diets must include fatty, protein-filled meats. But that's not always the case.

Case in point: Jahlil Okafor, 21, and a center for the Sixers, is following athletes like Tom Brady, Venus Williams and Green Bay QB Aaron Rodgers in learning that plant-based diets are just as capable of building muscle.

In other words, you don't need meat to compete.

"I took initiative this offseason to try and diet and lose weight," Okafor said Monday at a Sixers media event, regarding his new vegan diet.

Okafor, boasting a lean, 253-pound frame, is down 20 pounds from last season. "It wasn't easy. The first drastic change I made was my diet. I became a vegan. I did it gradually. First I got rid of dairy and meat and my favorites, like cheese," he said.

Okafor hasn't had an easy go of things since being drafted third overall by the Sixers three years ago. Injuries, trade rumors, speeding tickets and benchings are a lot for a young man to handle, particularly in the spotlight of being a pro athlete in Philadelphia, but the 6-foot-11 center has taken it all in stride.

But going vegan to better himself is still an unusual step in sports circles.

Several high-profile athletes are vegan, including UFC champ Nate Diaz, Formula One racer Lewis Hamilton, former Tigers slugger Prince Fielder and former Phillies reliever Pat Neshek — but it is extremely uncommon.

"There's sort of an old-fashioned idea that men need to eat meat," said PETA spokesman Ben Williamson. "That's been disproved by science lately."

In Okafor's case, it wasn't about a moral calling – it was about health, fitness and pain management.

"The reason for doing that was to become healthy," Okafor, a former NCAA national champion with Duke, said. "I read this offseason that dairy was an inflammatory and my knee was swelling up, and I am a full-on vegan now. I feel great and I am going to stick with it."

> *"We're going to start seeing these no-meat athletes dominating their sports and proving you really don't need meat."*
> Ben Williamson

Williamson said that whether people go vegan for moral or health reasons, the diet has restorative effects on the human metabolism that are particularly beneficial for athletes.

"Athletes more and more are finding when their body is not putting all of its energy into digesting heavy meat and dairy, it's able to expend energy on recovery and repairing muscle cells," he explained.

It hasn't been easy for Okafor, who is surrounded not only by other guys in their early 20s who

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Sixers have seen national anthem protests, may participate in them during upcoming season

Amid a flourish of protests prior to Week 3 NFL games — in Philadelphia and all over the country — freedom of speech and the treatment of minorities are making headlines even in sports sections.

After President Donald Trump stirred the pot with incendiary tweets, encouraging NFL owners to fire players who protest, players in every sport felt attacked.

Sixers' guard Jerryd Bayless was one such player, and he spoke out at the team's media day event Monday.

"What he's done in dividing us and his narrow minded views is obviously not a good thing for the country," Bayless, who sat out most of 2016-17 due to injury, said. "I think we all know and we've seen his comments from immigration to climate change to his bias, from 'sons of bitches' to 'fine people are part of a [Nazi] rally.' I think what he's done is self explanatory and now is a time to see how are we all going to move forward.

Does that open the door for Bayless and other NBA players to demonstrate somehow during the upcoming season?

"The protests are great," the veteran said. "I think everyone has a right to do whatever they

VEGANISM

Is going vegan really better? Vegans will tell you that the diet is healthier and doesn't cause harm to animals.

But some scientists say it also can actually make you fitter, and in the sports world, more competitive.

A recent University of Arizona study found "that vegetarian endurance athletes' cardiorespiratory fitness was greater than that for their omnivorous counterparts. ... These data suggest that vegetarian diets do not compromise performance outcomes and may facilitate aerobic capacity in athletes."

Jahlil Okafor has recently started a new vegan diet. GETTY IMAGES

have digestive systems that can handle anything, but also because he's grown up eating freely and nearly consequence-free — as his near-7-foot frame allows.

"There are so many things I would eat on a day-to-day basis," Okafor said. "The thing I miss the most are eggs — I love that with cheese. I miss the sausage McGriddles from McDonald's, a bunch of BS, man, but I cut it out and am glad I did it."

The Sixers, during their rebuild, which they're deeming "the Process," have taken pride in using science and innovation toward their approach to winning. Okafor's dietary approach could be more and more common in 21st century athletics.

"Plant-based meals and vegan meals provide athletes with all the protein and complex carbohydrate and nutrients they need to get stronger faster," Williamson said. "More and more, we're going to start seeing these no-meat athletes dominating their sports and proving you really don't need meat."

Sixers players look on from the bench during the 2017 Summer League. GETTY IMAGES

want to do but we need to come together and make [Trump] feel like what he is doing is wrong. I don't know if this is an appropriate time to do that but hopefully from this everyone will find a way to move forward and find a way to make him go a different direction."

Justin Anderson, a forward acquired via trade this past season, has a unique take on recent events having spent his college days at the University of Virginia, site of a violent protest and the source of a lot of racial frustration.

"The Charlottesville situation hit home. It was very relevant to me in my life," Anderson said. "As far as the protests we have seen as of late, we have a group chat we have been sending screen shots of things to one another. We have about 10 days until our first preseason game. As far as what we might physically do to send our message, we haven't decided yet but we all agree in the locker room about the things that are going on and we want to do something to shed a light on trying to promote unity." EVAN MACY

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HOME OF SIDNEY KIMMEL MEDICAL COLLEGE

Wharton business student beats odds of challenging childhood

Student who has faced adversity in life now wants to give back.

CASSIE HEPLER
@MetroPhilly
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Kayvon Asemani was born and raised in Pittsburgh with a father addicted to cocaine and an alcoholic mother.

In January of 2009, he enrolled full time at the Milton Hershey School, a school for at-risk youth, and there he went on to graduate as valedictorian.

Now, 19 years old and a freshman at the University of Pennsylvania's Wharton School of Business and the founder of his own nonprofit to help provide books to other underprivileged youth, Asemani reflected on his past in a recent interview with Metro and expressed his hope that someone will be able to look at him as an example of success in the face of adversity.

How was it growing up?
My memories from my childhood are overwhelmingly happy and positive. My parent's addiction and our socioeconomic status made things challenging at times, but I always knew that my parents loved me. I grew up in an environment that's far from what society would call "normal," but at the time, I didn't know there was anything abnormal about it. I'm grateful that I was eventually given the chance to explore a new environment because it really opened my eyes to the opportunities that exist in this world beyond what I knew.

What happened to your mother, grandmother and aunt?
In a span of about 12 months, they all passed away. At the beginning of my junior year, my aunt who had all but adopted me passed away unexpectedly. About six months after that, my mother also passed away unexpectedly as well. In another six months, my grandmother passed away. That said, I wouldn't change anything about my life. Although I've faced a lifetime of adversity, those experiences have made me who I am. Nights without food taught me compassion, providing for myself taught me independence, and losing three members of my family taught me to trust others. I have gained the perspective to appreciate every opportunity, the ability to persevere through any challenge, and the openness to share my toughest moments with the people around me.

Is your father present?
Yes, my father is in my life and doing really well. He's been sober for about 10 years now, and he's one of my biggest supporters. Not only did being at MHS allow me to have more opportunities, but I think it also gave my parents the opportunity to grow.

What are you doing now and what are your plans for the future?
I'm currently a freshman at The University of Pennsylvania's Wharton School of Business. I'm not sure what I want to study yet, but I'm really interested in exploring entrepreneurship, business management and finance. I hope that I'm able to inspire someone who's going through a challenging time and let them know that there is light at the end of the tunnel. Everyone will face challenges, and I hope people see that they can be overcome.

Kayvon Asemani is the founder of his own nonprofit to help provide books to other underprivileged youth. PROVIDED

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SEC hackers accessed authentic data used by companies in tests, sources

The Federal Bureau of Investigation and the U.S. Secret Service have since launched an investigation into a 2016 hack into the SEC'S EDGAR system, several of those people said.

Hackers breached the U.S. Securities and Exchange Commission's computer system last year by taking advantage of companies that used authentic financial data when they were testing the agency's corporate filing system, according to sources familiar with the matter.

The sources spoke anonymously because it is not a public investigation.

The SEC's EDGAR system is a crucial network used by companies to file earnings reports and other material information.

Spokesmen for the FBI, the Secret Service and the SEC all declined to comment, saying they could neither confirm nor deny the existence of an investigation.

The breach occurred in October 2016 and was detected that same month. The attack appeared to have been routed through a server in Eastern Europe, according to an internal government memo describing the incident, which was seen by Reuters.

There was no evidence at the time that data had been improperly retrieved, according to one source familiar with the matter, and the issue was handled internally by the SEC's Office of Information Technology.

The Securities and Exchange Commission (SEC) headquarters building stands in Washington, D.C. GETTY IMAGES

Only after the SEC's Enforcement Division detected a pattern of suspicious trading ahead of company public disclosures did officials go back to the agency's technology staff and ask if some companies were using authentic data when they were testing the EDGAR system, one of the people said.

The person said that "not many companies" had submitted real data that is believed to have been hacked.

The test process "is for people to submit test filings to ensure that they format correctly and don't have submission errors," the person said.

"They normally use that right before they file their normal reports. They are supposed to use dummy data," the person said. "However, it is still supposed to be protected the same way in case they do something stupid. A couple companies did, and it wasn't protected properly."

SEC Chairman Jay Clayton will confirm the enforcement division's ongoing investigation when he testifies Tuesday before the Senate Banking Committee, according to prepared testimony reviewed by Reuters.

He has also asked the SEC's Office of Inspector General to investigate the intrusion itself, the scope of non-public information that was stolen and how the SEC responded to the incident, which he said was properly reported to the Department of Homeland Security's Computer Emergency Readiness Team. REUTERS

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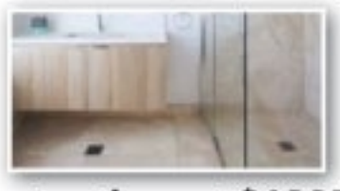
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Facebook founder Mark Zuckerberg gets a steak from Pat's. PROVIDED

Zuckerberg weighs in on cheesesteak war

The king of social networks came down decisively and without hesitation on the side of one of the longest-running factions in the Philly cheesesteak war recently.

Pat's Steaks was the choice of Facebook founder Mark Zuckerberg, he proclaimed in a Facebook post after making a quiet visit to Philly.

"Traveled all the way to Philadelphia for the best cheesesteak in the land," Zuckerberg wrote at 10:49 p.m. Sunday.

Pats faces Geno's in a famous intersection know for the two stores' rivalry over who makes the best cheesesteaks.

Beyond Genos, players like Sonny's, Steve's, and Beard award-winning John's Roast Pork have all been contenders in the never ending debate over who makes the best steak.

It is unclear how many, if any, of the competitors Zuckerberg has sampled.

But his pronouncement came down like a new Facebook website update — unannounced and without public discussion.

Even more puzzling is whether Zuckerberg ordered his steak "wiz wit" or without, a detail he did not share online. Pats did not comment on whether wiz was on his steak. SAM NEWHOUSE

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TALENT WILL BRING AMAZON'S HQ2 TO PHILADELPHIA

Philadelphia's millennial growth over the past decade is the highest of any of the nation's 30 largest cities.

Philadelphia City Hall at night. GETTY IMAGES

ROB WONDERLING

Analysis

Amazon has laid down the criteria that the location for its newest headquarters – HQ2 – needs to have in order to be named victor. While Greater Philadelphia meets every requirement, including being a metropolitan area with more than one million people and having space for an urban campus, it's our region's talent that allows Philadelphia to stand head and shoulders above other cities in the race.

With over 100 colleges and universities, the Greater Philadelphia region offers one of the most densely populated concentrations of higher education institutions in the world. In fact, nearly 35 percent of our residents hold bachelor's degrees or higher, compared with the national average of 29 percent.

In addition to education, Philadelphia's millennial growth over the past decade is the highest of any of the nation's 30 largest cities. The reason? No doubt it's our world-class universities, favorable cost of living, outstanding transportation infrastructure, diversity, culture and more that have redefined Philadelphia as a fast-growing, dynamic, creative community that is attracting and retaining young and innovative residents every day.

We have a highly engaged startup ecosystem with growth in ed-tech, smart cities, fin-tech and more. Of course, there would be other benefits of locating in Greater Philadelphia, such our east coast location, which is close to the European market and has access to 60 percent of the U.S. population within a two-hour flight.

On behalf of the Chamber of Commerce for Greater Philadelphia and our city and region as a whole, I invite Amazon to come and experience our passion for innovation, commitment to operational excellence, and success in thinking big.

If you have specific suggestions, please email the Chamber's HQ2 team at: AmazonHQ2PHL@ChamberPHL.com.

New monument to honor OV Catto, Philly titan of civil rights

It has been nearly 150 years in the making.

Octavius Valentine Catto, of Philadelphia, was an intellectual, scholar, teacher, athlete, Civil War veteran and civil rights leader. At age 32 on Election Day, 1871, he was murdered in the street by white men while trying to vote.

On Tuesday, a memorial will be unveiled honoring Catto. It will be the first monument on public land in Philadelphia that honors an individual African-American.

At 11 a.m. on the southwest corner of City Hall, Mayor Jim Kenney and other dignitaries will unveil the statue to Catto.

Kenney called the statute, by African-American artist Branly Cadet, "groundbreaking."

Catto, born in 1839, was a member of the Union League, The Library Company of Philadelphia and The Franklin Institute, in addition to being "a prominent civil rights leader who fought for the right to vote for all men regardless of ethnicity, and successfully led efforts to integrate street cars in Philadelphia in 1867," according to the OV Catto Memorial Fund.

Octavius Catto WIKIMEDIA COMMONS

As early as 1897, African-American residents of Philadelphia were calling for a monument to Catto's achievements, according to The New York Times. SAM NEWHOUSE

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Hurricane Maria forces residents of Puerto Rico to swim from their homes

In the midst of the disaster, calls to 911 were unsuccessful.

DAVID CORDERO MERCADO
@MetroPhilly
letters@metro.us

Only at times when a person is between life and death can he perhaps know the maximum strength and courage of the human being, grasping for the last breath in a struggle for survival.

Hurricane Maria surprised Joseph Rivera, Haniff Mohammed and Isaac Baez on Wednesday morning at their residence in Villa Calma in the Ingenio neighborhood in Toa Baja.

"We saw when our roofs and the roofs of other people were gone. The houses also flew," said Rivera, 22, of Carolina.

Rivera and Mohammed, who are a couple, and their friend Isaac lived together in their house. Despite the threat of the hurricane, they decided to stay in the home. They trusted that the house would withstand the blast of Maria. But at dawn, when the roof began to sag, the three left the residence.

An 85-year-old neighbor sheltered them on the second floor of a home, from where they saw Maria's strong bursts gradually rip out the roof of their home.

At around noon Wednesday, the streets of the Ingenio neighborhood began to flood with a pace that did not allow the residents to leave their residences and streets. In a matter of minutes, the three young people reported, the streets looked like rivers and the water reached unprecedented levels.

"The water began to rise, did not give us time to take the car, clothes – absolutely nothing – it looked like a tsunami. You saw the waves," said Baez, 27, a native of Catano. "We had to save our lives by jumping to other houses, with an 85-year-old woman in our arms, from ceiling to ceiling," Rivera added.

In the midst of the disaster, calls to 911 were unsuccessful. According to Rivera, when they managed to connect the call, they were informed that rescuers would not leave in the middle of the hurricane to perform rescue work. Neighbors in the same neighborhood rescued the old woman using a kayak.

"There, we managed to swim to another house, another roof," said Rivera. "We prayed in one of the houses where we hopped because we thought we were going to die."

From left to right: Joseph Rivera, Hariff Mohammed and Isaac Baez. MIGUEL DEJESUS

While swimming, they claim to have seen alligators pass by, also dragged by the current. Other animals like horses, dogs and cats were fighting for their lives. On more than one occasion, the three young men thought they would be carried away by the current and would die.

"We said goodbye twice, because twice we were about to die," said Mohammed, 22, and a native of Corozal. Exhausted, they managed to get to the house of a neighbor whose residence had not been reached by the high levels of the flood, and there they were refugees until Thursday.

"Thanks to him, we had that day. The other day, we had to swim out again," Rivera said.

"The people who managed to leave Ingenio were thanks to other people who had a little boat," said Rivera.

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Trump travel ban on more solid ground as top court cancels hearing

Trump has been trying for most of the year to create a ban that passes court muster.

The Supreme Court signaled on Monday it may dismiss a challenge to President Donald Trump's controversial travel ban after the White House announced tailored restrictions on eight countries that legal experts said stand a better chance at holding up in court.

The high court canceled oral arguments scheduled for Oct. 10 to decide whether or not a March 6 executive order that temporarily blocked travel from six Muslim-majority countries was discriminatory.

That ban expired on Sunday. The president replaced it with a proclamation that indefinitely restricts travel from Iran, Libya, Syria, Yemen, Somalia, Chad and North Korea. Certain government officials from Venezuela will also be barred. The new ban, Trump's third, could affect tens of thousands of potential immigrants and visitors.

The Sunday proclamation, which he said is needed to screen out terrorist or public safety threats, could be less vulnerable to legal attack, scholars and other experts said, because it is the result of a months-long analysis of foreign vetting procedures by U.S. officials.

It also might be less easily tied to Trump's campaign-trail statements some courts viewed as biased against Muslims.

"The greater the sense that the policy reflects a considered, expert judgment, the less the temptation [by courts] to second-guess the executive," said Saikrishna Prakash, a professor at the University of Virginia School of Law, in an email. "It looks less like a matter of prejudice or a desire to fulfill a campaign promise."

In its brief order, the high court asked the Trump administration and the ban's challengers, including states and refugee advocacy organizations, to file briefs on whether the case should be dismissed.

Trump's March 6 ban sparked international outrage and was quickly blocked by federal courts as unconstitutional discrimination or a violation of immigration law.

In June, the Supreme Court allowed a limited version of the ban to go ahead while the justices prepared to hear arguments over its legality on Oct. 10, a date they have now scrubbed.

In 2016, more than 72,000 nonimmigrant and immigrant visas were issued to the countries covered by the new ban, excluding Venezuela, with nearly half of those going to Iran. Only nine North Koreans immigrated to the United States in 2016 and 100 were granted nonimmigrant visas.

The new ban is set to go into effect on Oct. 18, but it already applies to five of the six countries covered by the March 6 ban, according to a U.S. State Department cable issued on Sunday and obtained by Reuters.

Sudan was dropped from the list of banned countries after the Sudanese government provided information required under the new criteria set out by the Trump administration earlier this year, a White House official said on Monday.

The government has said the president has broad authority in immigration and national security matters, but challengers to the March ban had argued that it ran afoul of the U.S. Constitution's bar on favoring one religion over another. REUTERS

People hold banners during a rally by the Council on American-Islamic Relations outside Trump Tower on July 4, 2017. GETTY IMAGES

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NASCAR owners to fire drivers who kneel for anthem

One of NASCAR's all-time greats, Jimmie Johnson, during the national anthem at Sunday's race in New Hampshire. GETTY IMAGES

The United States' largest auto racing organization is taking a no-nonsense approach to national anthem dissent.

JOE PANTORNO
@joepantorno
joseph.pantorno@metro.us

After a Sunday of unity and controversy in the NFL, the United States auto racing giant NASCAR made it crystal clear that there will be no repeat of the dozens of football players demonstrating during the national anthem.

In a report by the Associated Press, owners made it be known that there will be no tolerance for drivers or crew members that do not stand for the national anthem.

"Anybody that don't stand up for the anthem oughta be out of the country. Period," NASCAR legend Richard Petty said. "What got 'em where they're at? The United States."

Richard Childress, the owner of Richard Childress Racing, echoed Petty's sentiments.

"It'll get you a ride on a Greyhound bus," Childress said. "Anybody that works for me should respect the country we live in. So many people gave their lives for it. This is America."

There were no reported instances of national anthem dissent at NASCAR's Cup Series race in Loudon, New Hampshire on Sunday.

While the organization is taking a staunch stance on the anthem, it is interesting to note that the Confederate flag is a normal sight among infields and tailgates at NASCAR races.

NASCAR owners were prompted to comment on the anthem after the President Donald Trump's remarks on NFL players kneeling for the national anthem.

At a rally in Alabama on Friday, Trump baited the crowd.

"Wouldn't you love to see one of these NFL owners, when somebody disrespects our flag, to say 'Get that son of a bitch off the field right now, out, he's fired," he said.

NFL owners condemned Trump's comments while players demonstrated their right to protest the anthem by either kneeling, linking arms or raising their fists.

TRUMP TWEETS

Trump tweet from 2013 says a president shouldn't tell an NFL team what to do

Thanks to the Donald Trump Twitter account, the president is once again eating his words.

Doubling down on comments he made at a rally in Alabama on Friday, President Trump on Sunday condemned athletes, specifically football players, who engaged in silent protests.

"Sports fans should never condone players that do not stand proud for their national anthem or their country. NFL should change policy," Trump tweeted on Sunday.

Over the weekend, players from several teams took a knee or kneeled as "The Star-Spangled Banner" played. The silent pregame started with San Francisco 49ers quarterback Colin Kaepernick last season, who kneeled to draw attention to social and racial injustice in the United States. It is a move Trump has been quick to condemn as "disrespectful."

But his direction for NFL team owners comes in direct contrast to the advice then businessman Trump had for then-President Barack Obama in 2013, who said he would "think about changing" the name of the Washington Redskins if he were the owner, knowing that "redskin" is a slur again Native Americans.

"President should not be telling the Washington Redskins to change their name-our country has far bigger problems! FOCUS on them, not nonsense," Trump tweeted on October 8, 2013.

Trump earned major criticism for his weekend for his focus on the NFL national anthem protests as Puerto Rico stands battered, without power and with dwindling supplies following strikes from several major hurricanes.

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Reminder: Harry & Meghan are in love

Sitting. Romantic!

Handholding. Sometimes parental. Sometimes romantic!

In case anyone was momentarily worried, I'd like to assure you that yes, Prince Harry and Meghan Markle are still in love — it's not just something Markle made up to get a Vanity Fair cover. And now, we have proof. Not only did they sit next to each other at the Invictus games, but they held hands afterward! Now if that doesn't completely confirm that their love is one for the ages, I damn well don't know what does!

Is Kylie Kim's surrogate?

It's a hot take.
ALL PHOTOS GETTY IMAGES

On Friday, news broke that Kylie Jenner — a 20-year-old who has as realistic an appearance as her wax figure — was expecting. Not delivery. Not DiGiorno. But an actual baby. It was disturbing, to say the least.

But hear me out, here: What if this is just a big semi-incestuous ploy and Kylie is acting as half-sister Kim Kardashian's surrogate? I mean, we're already living in a nightmare world, so it'd be no shock if the Kardashian-Jenners were kicking it up a notch.

If Kylie indeed is Kim's surrogate, I must say — as an third-person impartial outsider with no personal interest in the matter — that it's the worst idea, ever.

And if Kylie is just actually pregnant with boyfriend Travis Scott — a man she knows inside and out, having dated him for a mere five months — then, I don't know. I guess the apocalypse is real, it's here and it's coming for all of us. So get thee in your bunkers.

Ian & Nikki would like to be relevant

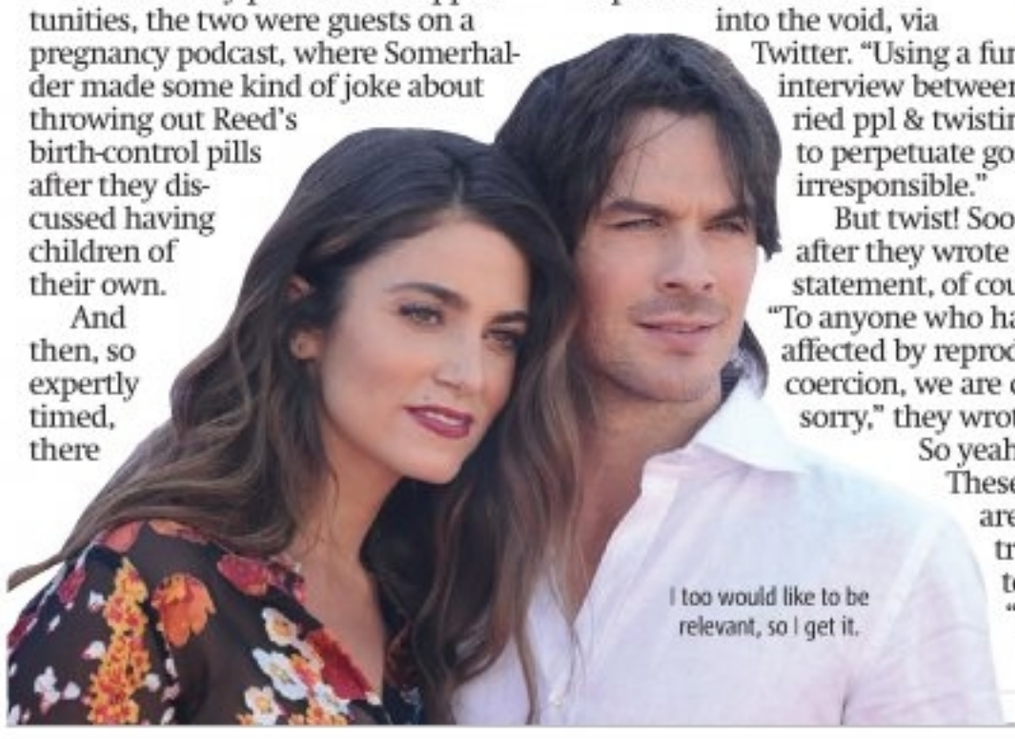
Ian Somerhalder and Nikki Reed are two C-list actors who are married and have a baby. The pair are both mostly famous for playing blood thirsty (for attention) vampires in "Vampire Diaries" and those dang "Twilight" movies, respectively. Oh, also, I was being nice when I said "C-list."

Bereft of any professional opportunities, the two were guests on a pregnancy podcast, where Somerhalder made some kind of joke about throwing out Reed's birth-control pills after they discussed having children of their own.

And then, so expertly timed, there was the backlash. Once people started throwing around the words "coerce" and "not cool" and "I'm sorry, who?" Reed took it upon herself to scream into the void, via Twitter. "Using a funny interview between married ppl & twisting it to perpetuate gossip is irresponsible."

But twist! Soon after they wrote a joint statement, of course. "To anyone who has been affected by reproductive coercion, we are deeply sorry," they wrote.

So yeah. These two are still trying to be a "thing."


I too would like to be relevant, so I get it.

Heidi is single now

What a wonderful love story.

Heidi Klum — a very successful lady who is very into Halloween — had a boyfriend. But you don't really need to get to know him or anything, because now they're done. Just in case you were like, "Wait, does Heidi Klum have a boyfriend or nah?"

The 44-year-old supermodel released a statement to People, of her own volition, that simply said, "I believe that it is important to take time to pause and reflect." That's deep, Klum. That's deep.

Looks like things with Klum and the boyfriend of three years you didn't know existed — a dude named Vito Schnabel, aged 31 — fizzled out after the two took some time apart. "Things have been difficult recently, they live on opposite coasts," a source told People earlier this month. Mmkay!

May Klum find comfort in the bosom of another dude that is irrelevant to the masses. I wish her the best.

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The punk rock origins of the 'Lego' franchise

How producer Dan Lin is "pushing the envelope."

GREGORY WAKEMAN
@MetroNewYork
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Dave Franco, Abbi Jacobson, Fred Armisen and Kumail Nanjiani star in "Ninjago." WARNER BROS

If you were still unsure about the Lego franchise's reason for being, the unveiling that in the latest of the Lego movies, "The Lego Ninjago Movie," the big baddie is a cat called Meowthra underlines that they're all about being as silly, hilarious and absurd as possible, but still with an emotional core.

Producer Chris McKay has another way of describing the approach of the franchise, though, recently telling Metro, "We want it to feel anarchic and ridiculous and absurd, and there's always a punk rock vibe to what we're doing." This is a sentiment his fellow producer Dan Lin echoed to Metro in as many words, too, as he added, "With each 'Lego Movie' we're trying to push the envelope and do something new."

For "Lego Ninjago," the third edition of the burgeoning series, Lin explained that this meant making the film look "brighter" and more "cinematic" than its predecessors. "We are trying to adjust the look of the movie so they each look succinct. I would say this is the most beautiful 'Lego Movie' that we have made yet."

In order for these films to capture the right spirit, McKay, who previously directed "The Lego Batman Movie," connects with his inner child. This makes sure that the resulting film feels as though it has been overseen by a group of kids who just have the world's biggest, and most expensive, toy set at their disposal.

"We want it to feel like the kids are in charge of the storytelling. There are wild flights of fancy and absurd silly situations. It does sometimes feel like the inmates are running the asylum, and that the filmmakers are getting away with something. And there's a joy in that kind of childlike anarchy, and people like these movies because we don't follow the rules, and we have fun, and things get a little silly and absurd and that's OK."

Dan Lin and Chris McKay GETTY IMAGES

For Lin, though, it's also about giving viewers a twist on something that's already familiar. "The way we approach the 'Lego Movies' is we look at different genres, and we think, 'How can we give it our spin on it? How do we give it our sense of humor? How do we give it our emotion?' We really want to surprise you with the emotion of the third act of the movie. We want the movies to have real genuine emotion so people connect with them."

Making sure that the Lego franchise resonates and makes an emotional impact is integral to the creative team. "We want you to go on a ride emotionally," McKay explained. "Being a filmmaker is like being a magician. Sometimes you make them laugh, sometimes you give them thrills, and then you hit them with something that's sweet or sincere or profound."

The magic of the Lego movies franchise continues to astound audiences. You can see their latest trick with your own eyes as "The Lego Ninjago Movie" is now in cinemas. It will be followed by both "The Lego Movie Sequel" and "The Billion Brick Race" in 2019.

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Chadwick Boseman on why 'Black Panther' is so important

Chadwick Boseman knows exactly why fans are so excited for "Black Panther." MARVEL STUDIOS

Chatting with the "Marshall" actor about why audiences are so excited for the Marvel film.

GREGORY WAKEMAN
@MetroNewYork
gregory.wakeman@metro.us

The first trailer for "Black Panther" proved that the addition to the Marvel Cinematic Universe is going to be very different from its predecessors. Especially because it is being led by Chadwick Boseman, one of the most compelling leading men working in cinema.

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We sat down with South Carolina native to discuss his role as Supreme Court Judge Thurgood Marshall in the aptly titled "Marshall." But we couldn't help quizzing the 40-year-old on "Black Panther" — and what, exactly, he thinks about it.

"It's something people are excited about because people haven't quite seen it before," Boseman explained. "I've never played anything quite like it, and it is going to be an exciting time."

This isn't the first time Boseman — who made his Marvel debut in 2016's "Captain America: Civil War" — has spoken about how unique "Black Panther" is. During an interview with Gizmodo last July, the "42" star went into detail about the importance of the film's diversity, saying, "Obviously, I know how important it is, particularly for people of African descent."

GETTY

Around the same time, Boseman echoed the above sentiments to website CBR, remarking, "I feel the energy. The image itself opens people's minds up. You can talk about it all you want, you can have it in a comic book, you can even do an animated series, but when you see real people doing it, it changes something inside of you.

"It's going to be a big deal because there's not just black people or people of African descent that want to see it, I think everybody wants to see it," he continued. "That's the beautiful thing. I truly believe there are more people who want to see it than don't want to see it."

Considering the uproarious response to the "Black Panther" trailer, Boseman is spot-on.

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Our favorite moments from 'This Is Us' so far

Spoilers below.

JENNIFER LOGUE
@jenniferlogue
jennifer.logue@metro.us

Justin Hartley stars as Kevin in the "Pilgrim Rick" episode.

Rebecca and Jack get ready to welcome triplets.

Chris Sullivan as Toby and Chrissy Metz as Kate hit the dance floor. ALL PHOTOS NBC

Simply watching the first episode for NBC's "This Is Us" will have you hooked. With its relatable and cast of complex characters, twisting plot lines and heartfelt moments, it's impossible to make it through an episode without crying. With the season two premiere tonight, we thought it would be cool to look back on some of our favorite "This Is Us" moments.

Randall's daughter Tess tells it like it is

In the "Last Christmas" episode, William (Ron Cephas Jones) brings his lover, Jesse (Dennis O'Hare), to dinner at Randall's (Sterling K. Brown) house. Randall has just gotten to know his father, who's been missing from his life for the past 35 years. His young daughter Tess (Eris Baker) sees William and Jesse cozying up at the piano and says to her dad: "Dad, grandpa is gay. Or at least bi." Kids!

Kevin lets Miguel wear the Pilgrim hat

A Pearson family tradition involves telling the story of Thanksgiving wearing a Pilgrim hat, with each member of the family taking turns. Miguel (Jon Huertas), their stepfather, tries his best to be accepted by Kevin (Justin Hartley), his stepson, but the relationship is clearly strained. This year, however, Kevin finally let Miguel wear the Pilgrim hat and the moment warms the heart.

Pot brownies

Sometimes we need a reminder that just because someone is older than we are doesn't mean they don't enjoy the same things we do — like pot brownies. When Beth (Susan Kelechi Watson) makes pot brownies for William, they're finally able to connect and get to know one another. It also sets the stage for the revelation of the secret.

Randall finds out the secret

Beth finds out first from William that he's been in touch with his son's adopted mother, Rebecca (Mandy Moore) from the beginning. She wants Rebecca to be the one to tell him but in the end, Randall finds out himself on Thanksgiving Day while rummaging through William's belongings.

The most epic sibling brawl

You have two brothers, Kevin and Randall, who are extremely competitive with each other, fighting in Times Square and interrupted by Seth Meyers (playing himself). It doesn't really get much crazier than that, especially when one of the brothers plays a famous actor in the show.

The pool

Rebecca as a young mom has a lot to juggle but also puts up defenses when it comes to asking for help. When Yvette (Ryan Michelle Bathe), an African-American mother her age, remarks that Randall needs to go to a different barber, Rebecca at first takes offense. By the end of the day, however, she opens up to receiving help and schedules more playtime for Randall with Yvette's kids.

Toby takes Kate to the nursing home

Kate (Chrissy Metz) is a beautiful person who lacks confidence in herself. When her boyfriend, Toby (Chris Sullivan), discovers she can sing, he encourages her to perform. She brushes him off, but he doesn't relent and next thing you know, he appears at her house with a chauffeur's hat and a camera — treating her like a celebrity. He takes her to his aunt's nursing home and schedules Kate to sing a song for its residents, easing her into the spotlight gently. It's a sweet and memorable moment.

Manny's breakdown

Kevin is an actor best known for his role as "The Manny" — a goofy but popular sitcom. Filmed before a live television audience, he's perpetually shirtless while taking care of a baby. (Nanny, but a man, get it?) In a special episode with the late Alan Thicke, he completely loses it and quits on the air in front of everyone. When you've had enough, you've had enough. (Am I right?)

Season two of "This Is Us" premieres tonight at 9 p.m. on NBC.

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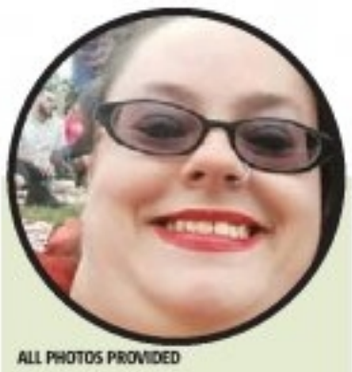
This Is Us: What fans are dying to know in Season 2

Season 2 of "This Is Us" premieres on Tuesday on NBC and fans are foaming at the mouth to get their weekly fix of the Pearson family and all of the mystery surrounding their complicated story. We chatted with fans of the show to find out what they're most eager to find out in the upcoming season and their responses cover everything from the expected to things you maybe hadn't thought of before. JENNIFER LOGUE



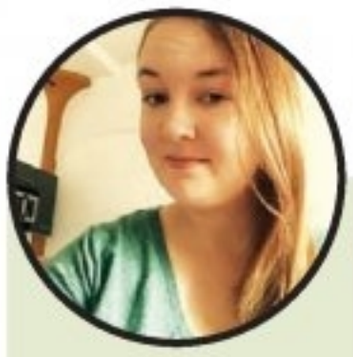
ALL PHOTOS PROVIDED

Name: Joanna
Age: 32
City: Prospect Park, PA
Occupation: Retail Manager

"I really want to know how Jack died, and how Kate ties into it."

Name: Adrian
Age: 61
City: Havertown, PA
Occupation: Retired

"I am most interested in how Randall continues to reflect on all that Jack taught him as he moves on from William's passing. You could see the 'Jack' in him coming out in the 'Memphis' episode, especially at his hospital bedside. This strength will be interesting to watch coarse through him and his family. No one changed more than him last year. Now we may get to see exactly how."



Name: Stephanie
Age: 29
City: Jordan, MN
Occupation: Nanny

"I NEED to know how Jack died and why Kate feels that she is responsible for killing her father. And I need to know more about Kevin and Sophie!"

So what are you dying to know in Season 2 of "This Is Us?" Tweet **@Metro_US** with the hashtag **#ThisIsUsQs**

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How to help a loved one struggling with addiction

If you need backup, staging an intervention with a medical professional can help you communicate your concern for a loved one and get them immediately entered into a treatment program. ISTOCK

Dr. Deni Carise, Chief Scientific Officer of Recovery Centers of America, tells us the best approach for helping a loved one get on the path to recovery.

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When you suspect someone you care about is struggling with substance abuse issues, it can be really scary. Whether it's your child, partner, family member or a good friend, you want to help them, but it's tricky to know the right way to approach the situation. What if you say the wrong thing and lose their trust? What if your concern backfires, and they go on a life-threatening bender in retaliation?

"People are often afraid to ask people if they're using drugs or have an alcohol problem. What I would say is, they need to really think about what could happen if they don't ask," says Dr. Deni Carise, the Chief Scientific Officer of Recovery Centers of America (RCA).

The clinical psychologist and substance abuse specialist gives us her advice on the best way to help a loved one get on the path to recovery.

Don't be afraid to say something

Bring up your concerns, but don't be confrontational. One way to ease into the conversation is by saying something to the effect of, "I noticed you're having trouble with things that would usually come easy to you. Is there something going on?" suggests Carise.

"The more you can err on the side of not seeming like you're making a judgement, but that you're concerned, the better," she advises.

If they deny there's a problem, come back with the facts you've noticed, whether they've missed work recently or they've been nodding off during dinner, Carise says.

Stage an intervention with a medical professional

If you feel like you need some extra help, you can have a medical professional intervene. At RCA centers, it's free to hire an interventionist to help you plan an intervention with close friends or family and the person you're worried about. There's strength in numbers: If one person thinks they have a problem, that's one thing, but if say, three do and a doctor, it's harder for them to deny it.

Be specific about the ways addiction is impacting your loved one. ISTOCK

An interventionist will not only serve as a mediator to make sure you calmly and effectively communicate your support and concern for your loved one, but also help you come up with a treatment plan. Ideally, the goal is to enter them into a rehab program immediately after the intervention.

"What we know about substance abuse is that there's a window where people see it as a problem, and that window closes pretty quickly," says Carise. For example, if you stage the intervention on a Thursday, and a person agrees at that time to check into rehab on Monday, there's a good chance they'll change their mind by then.

What if the person is a high-functioning user?

It's arguably easier to stage an intervention or convince someone they have a problem after a catastrophic event — say, they lost their job because of using, or, god forbid, got into an accident. But what about someone who is high-functioning, who still excel at work and meet their responsibilities, despite their dependence on drugs or alcohol?

"You want to look at other things: Is it impacting their physical or mental health? Their social or family obligations? You want to focus on the problems caused by the drugs or alcohol and have that discussion with the person," Carise advises.

Signs of addiction

Many people struggling with addiction use in secret. Here are some telling signs that someone might be abusing drugs or alcohol. "Typically, you're seeing a behavior you didn't use to see that's worrisome," Carise explains. It could be that the person stops showing up to work or social engagements. You might find that they're being more secretive. Especially in the case of teenagers, they might start spending time with a different set of friends.

Heroin/opioids

With prescription opiates or heroin, a user will often "nod off" — drop their head and start to fall asleep as they're sitting there. Their pupils will appear smaller. Frequent scratching is common. They might lose a lot of weight.

Alcohol abuse

The user might have puffy skin from retaining water, and a red nose from enlarged blood vessels. You might see them stumble or smell alcohol on the breath. They might be irritable or experience tremors — shaky hands — if they've gone too long without a drink.

Cocaine/amphetamines

Users will appear hyperactive, talk rapidly and express ideas of grandeur. They will have a decreased need for sleep and might experience a major loss of weight.

Concussion expert shares common misconceptions

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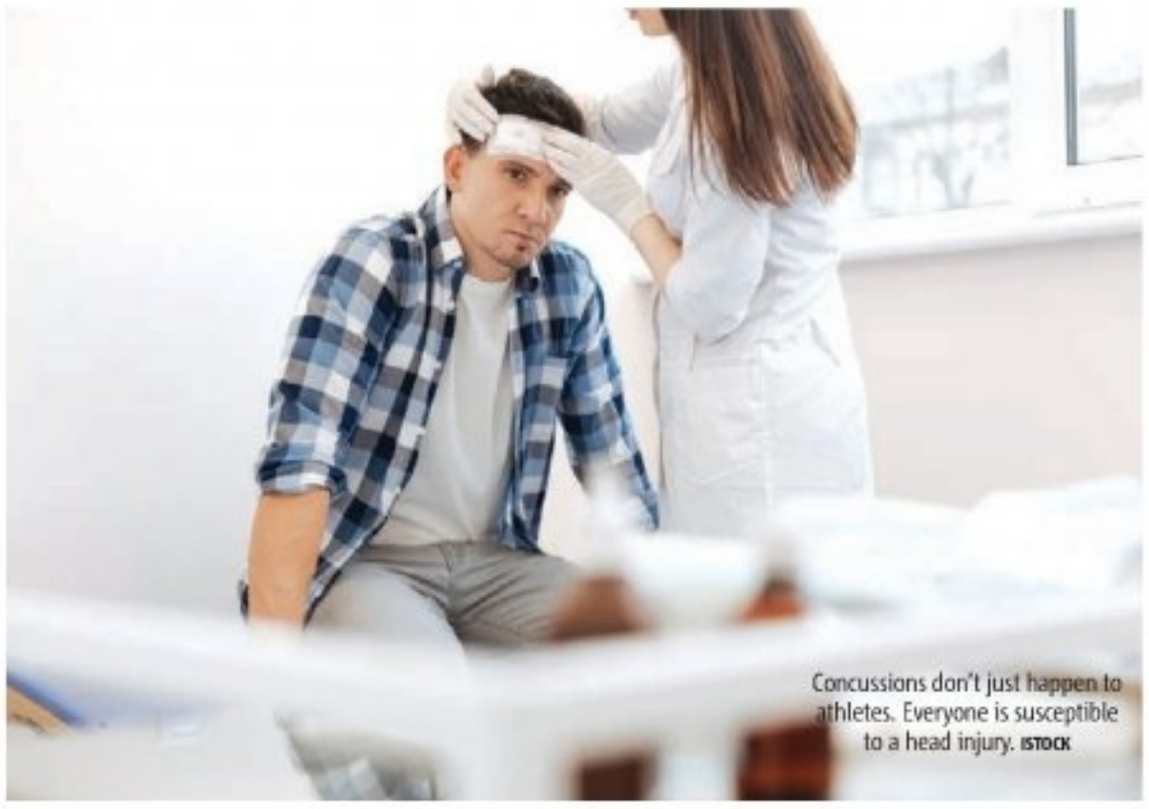

Concussions don't just happen to athletes. Everyone is susceptible to a head injury. ISTOCK

Concussions are on the rise for young Americans; a startling truth for parents and healthcare providers alike. While the condition is most commonly associated with athletes, insiders say that anyone is susceptible. We tapped Dr. Robert Franks, Rothman's leading expert on sports medicine and concussions, for some answers.

What are the greatest misconceptions about concussions?
The biggest misconception is that athletes are the only ones who get concussions. They're at risk, but the truth is that we also see it in industrial accidents, car accidents and even gym class. Head injuries can happen in any number of ways.That said, another misconception is that complete rest is the best treatment. Not only is doing nothing unlikely to get you better, it's actually more likely to cause a longer recovery and anxiety and/or depression.

What is a concussion?
It's the result of a strike to the head itself or a strike to the head, chest or back that radiates up to the head. That force causes the brain, which sits on our brain stem kind of like a flower, to bounce back and forth between the sides of the skull. This, in turn, creates chemical changes in the brain which result in concussion symptoms.

What are some warning signs?
There are about 22 symptoms that can come immediately after a head injury, a few hours or even days later. The most common symptoms include headache, dizziness, nausea, vomiting, sensitivity to sound or light, problems with vision or coordination, confusion and neck pain.

What are the dangers of waiting too long to treat it?
What we really worry about is something called Second Impact Syndrome. This is when there's a second strike to the brain before the first strike has resolved itself, which can cause the brain to lose its ability to regulate itself. This is a serious danger that can lead to death if it occurs.

What's the best way to treat a concussion?
We're learning more and more that complete rest in totality is an outdated approach. Instead, a more comprehensive and individualized treatment plan is the best way to go. This will vary depending on the person and the injury, but could include everything from physical/vestibular/vision therapy to cognitive rehabilitation to psychological therapy. Implementing a return-to-school program is absolutely necessary. The key takeaway is to seek medical attention as soon as possible so you can get moving toward recovery. MARIANNE HAYES

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EAGLES GIVE FANS AN (UGLY) WIN TO SAVOR

For the Eagles, a win is a win. And at 2-1, they are in control early in the NFC East. GETTY IMAGES

GLEN MACNOW

OPINION

Glen Macnow has been an outspoken voice in Philly sports for nearly three decades. @realglenmacnow

Sunday's last-second stunner of an Eagles win didn't occur at the Meadowlands, and may not qualify as a "miracle." But it warrants instant status on that list of unforgettable victories over the Giants.

The thrilling nature of rookie kicker Jake Elliott's 61-yard game winner makes the highlight reel of this rivalry. Not up there with Herm Edwards' fumble run or Desean Jackson's punt return – but rank it with Clyde Simmons rumbling in a blocked field goal and Vai Sikahema's goalpost punch-out.

Long after Elliott becomes a trivia answer, we'll toast this 92-degree September afternoon.

I don't know what it was like watching on TV, but in the stadium you felt the energy of 70,000 fans pulling that kick through the goalposts. Then you watched Eagles players, weary after a grueling game and a weekend of justifying their politics, leap and hug like little kids awarded an extra helping of ice cream. On a polarizing weekend across the country, sports briefly became pure joy again.

I've always thought you could drop a Martian into Philadelphia the days after an Eagles game and he'd immediately ascertain whether they'd won or lost. This week, our residents will be smiling and strutting. CEOs and shoe-shine guys will high five. Someone may even allow your car to enter merging traffic. More than anything, the Eagles are that force that cuts across racial, economic and educational boundaries and unifies us in our pleasure or misery.

So, thank you, Jake Elliott. It's going to be a blissful week.

A cynic could look at Sunday's 27-24 final and dismiss it as a sloppy win over an inept Giants team. He could say the Eagles blew a 14-0 lead and lucked out despite bonehead decisions by the coach. He could even say the hometown team was aided by dubious penalty calls and a slow-fingered timekeeper.

All that might be true. But there's so much more to see here. I've been around sports long enough to know the psychology of blowing a lead and then coming back to win often creates great momentum moving forward. The Eagles dug their own hole Sunday. Then they climbed out.

Carson Wentz wasn't great and a 13-second game-winning drive doesn't make him John Elway. But it counts. As Wentz said afterward, "A year ago, we were always coming up just one play short. One play here. One play there."

This year looks different.

The Eagles are now 2-1 and 2-0 in the division, which is a great place to be. They rushed for 193 yards Sunday with LeGarrette Blount looking energized and rookie Corey Clement making his first splash.

Injuries may have an effect moving forward. Fletcher Cox, Jordan Hicks and Darren Sproles (who will miss the rest of the season with both a torn ACL and broken forearm) all left Sunday's game. But others stepped in. Coaches always refer to "next man up," but that's easier said than accomplished.

"Last year we would have come up short," Coach Doug Pederson said Monday on WIP. "We had to learn to finish. Sunday I saw the resiliency, the no-quit attitude. Because we pulled out a game like this, the hope is we've learned and it propels us forward."

Enjoy the week, Eagles fans. And, yeah, let that other guy into traffic.

Embiid says he won't play 82 games, wants to "stop flopping"

The news isn't great on Joel Embiid — but it isn't terrible either.

After getting season-ending knee surgery after one of the most memorable 31-game stretches in recent NBA history, Embiid has spent the summer traveling and practicing. But with training camp kicking off in Camden, NJ this week the 7-footer is not 100 percent ready to play.

"I think the timetable, you know we are focusing on the first game of the season," Embiid said, setting a measuring stick for his recovery. "There is a lot of training camp coming up, we have preseason games. My plan is that if I am not 100 percent they are not going to put me out there."

So if he does get healthy, how much will he play?

"It's hard to tell," he said. "It depends on my body and depends on the team. If I could play 82 games, I would but I'll be honest I dont think I'll play 82 games. That's not happening but hopefully I'll do that."

Embiid's health, and his contract status — he will be come a restricted free agent at season's end — have made headlines in Philadelphia and across the NBA. Reports even suggested he was staging some sort of "hold out" in hopes of resolving contract disputes and getting him an extension. According to Embiid, though, that is absolutely not the case.

"I love baskeball and when I am on the court it's hard to get me off of it," the former third overall pick said. "Someone telling me I am holding out due to contract negotiations, at the end of the day, I don't have [any] leverage. They can do whatever they want and there has been discussions on it and hopefully something works out but I am focused on getting back on the court."

Joel Embiid will not play in five-on-five practices right away. GETTY IMAGES

One might think the talk on social media and on television — filled with doubters in The Process and in Embiid's ability to ever stay healthy and be a productive player — would deter Embiid who has played just 31 games in his three-year NBA career. But it's what fuels his fire.

"When I get out there I think I have gotten so much better," he said. "I am more well-rounded. I see what everyone says on Twitter it doesnt bother me. I love cricicism. It just makes me better. I love poeple saying I can't do this. I am going to work on it and come back the next game a show them I can do this. I am excited and we are going to see a lot of good things this season."

What are some of the things the stretch-five needs to work on? He gave the assembled media at the Sixers' practice facility an unexpected answer.

"Me jumping into the stands to save a ball there are some things I have to correct," Embiid said, confirming what many expected was the catalyst for his knee issues in 2016-17. "I fell a lot last year I think it was also because I was flopping. I have to stop flopping this season."

EVAN MACY

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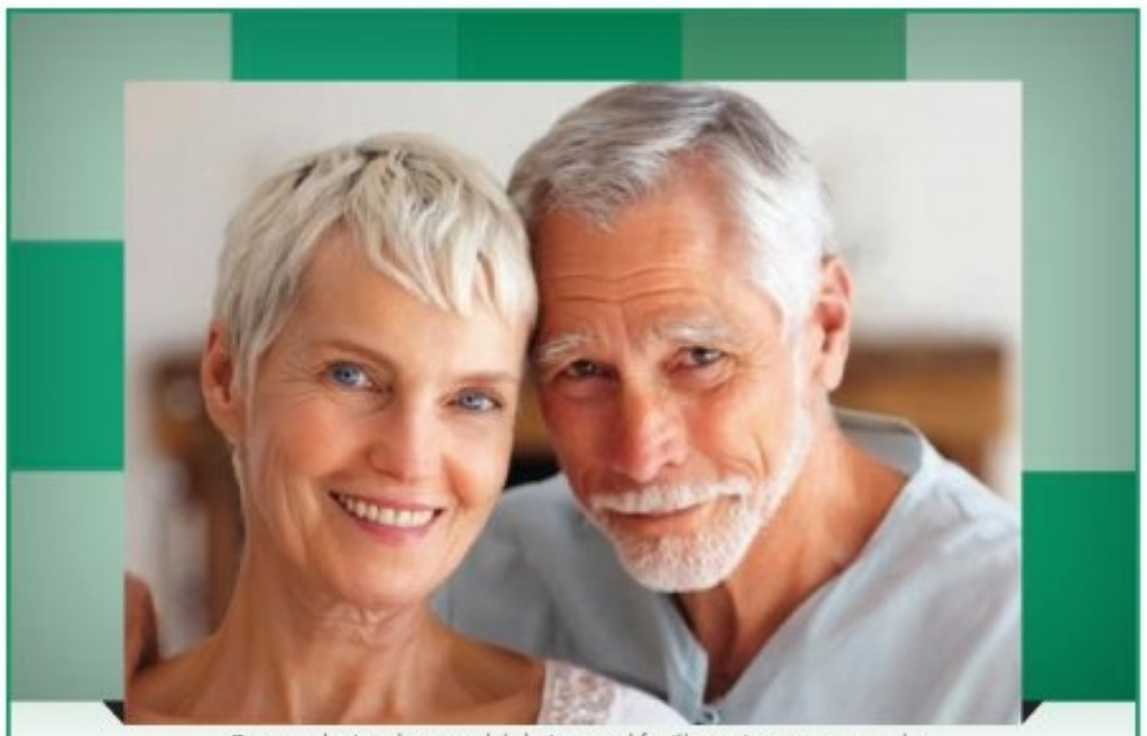

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Phils taking battle for basement to wire

Will the Phillies lose enough during the last week of the regular season to earn another No. 1 overall pick?

JON MARKS
@MetroPhilly
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The Phillies should be able to avoid the feared 100-loss milestone. GETTY IMAGES

Whose name will Commissioner Rob Manfred call out when the festivities get underway next June? "With the first pick of the 2018 Major League Amateur Draft the ____ select…."

Not which player. But which team?

With a week to go in a season they'd rather forget the "battle" to be the worst team in baseball is going down to the wire. What seemed a foregone conclusion all summer when the Phillies seemed headed to more than 100 losses, could go any one of four ways. Heading into Monday's action only 2 ½ games separated them.

The current basement "leaders" for the honor of earning that coveted No 1 are the Giants. Should Bruce Bochy's club, a 2016 wild card team which knocked off the Mets in the wild card game, then extended the eventual champion Cubs to four games in the Divisional playoffs, stay there it will complete a remarkable turnaround: first to worst in just three years. Remember in 2014, as in 2012 and of course, 2010 when they knocked off the two-time defending champion Phils in the NLCS, the Giants won it all.

But should they "falter" by winning a couple of games while the others go into a tailspin any of three teams are poised to take their place. One, is, of course, the Phillies, whose next win will assure them avoiding the ignominy of losing 100 games.

Since Rhys Hoskins, J.P. Crawford and Jorge Alfaro have been summoned from Lehigh Valley, that abysmal record has turned almost respectable, the Phils going 20-25.

Meanwhile two American League teams, the Tigers and White Sox have quietly moved into the hunt. Tied with the Phils as of Monday, Detroit, which after trading off J.D, Martinez, Justin Upton and Justin Verlander just announced manager Brad Ausmus would not return next year, is staggering to the finish line. The White Sox, who went 78-84 in 2016, have nosedived.

Schedule-wise the nod the Tigers would appear to have the toughest road, traveling to postseason bound Minnesota and Cleveland. The Phils, with home games against both the Nats and Mets should have the most favorable route. You could argue that what's at stake isn't all that big a deal, since there's no guarantee the first pick of the draft will be a major leaguer, let alone a star. It's still early in his career, but clearly Phils' 2016 No. 1 pick Mickey Moniak has a ways to go, after hitting just .236 this season at Class A Lakewood The clock may soon run out on 2013 No, 1, pitcher Mark Appel, who was traded to the Phillies in the 2015 Ken Giles deal, but has yet to make much impact due to injuries combined with ineffectiveness.

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LEGAL NOTICES

City of Philadelphia
Cancellation of Public Hearing Notice

September 22, 2017

The **Committee on Law and Government** of the Council of the City of Philadelphia **has CANCELLED** the Public Hearing scheduled for **Wednesday, September 27, 2017,** at **10:00 AM,** in **Room 400, City Hall,** to hear testimony on the following items:

170680 An Ordinance amending Title 20 of The Philadelphia Code, entitled "Officers and Employees," to add a Chapter establishing a system for public financing of political campaigns; all under certain terms and conditions.

170696 Resolution proposing an amendment to The Philadelphia Home Rule Charter regarding appropriations and expenditures for, and implementation of, public financing of political campaigns pursuant to a system as may be established by Council by ordinance; and providing for the submission of the amendment to the electors of Philadelphia.

Michael Decker
Chief Clerk

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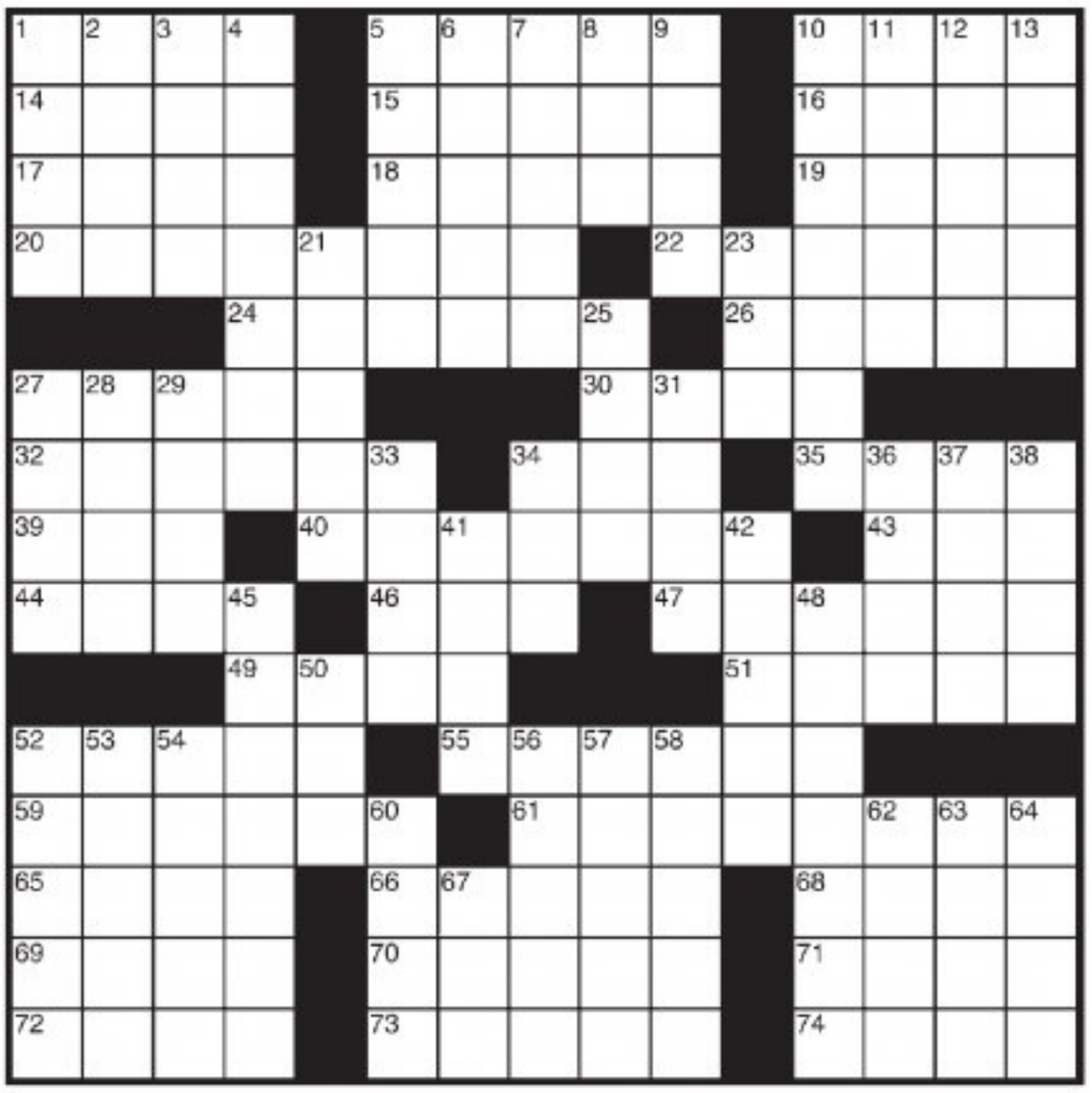
Across

1 Exchange pleasantries
5 Pinnacles
10 Racket
14 Corker
15 This too -- pass
16 Ocean flier
17 Culture dish goo
18 Sun, in combos
19 Israel's Golda
20 Pessimistic
22 "It's Only Make Believe" singer
24 Vacation plus
26 Tatum or Ryan
27 Do a salon job
30 "Diana" singer
32 Maria Conchita --
34 Tell an untruth
35 Freeway access
39 Big green parrot
40 High voices
43 Merry, to Mimi
44 Many millennia
46 Crunch targets
47 Happens again
49 Upscale sport
51 Hunt illegally
52 Thrashed
55 Place setting item
59 Rub against
61 Determination
65 Drench
66 Earth, to Pierre
68 Comic-strip dog
69 Nobelist Desmond --
70 Similar
71 Landlord's fee
72 Dance move
73 Does in a dragon
74 Mr. Arnaz

Down

1 Outfitted
2 Sci-fi award
3 -- -- unto itself
4 Excites (2 wds.)
5 Pale
6 Not play fair
7 Mediterranean island
8 Wallach or Lilly
9 ATM feature
10 Graduate course
11 Knossos site
12 Ekberg or Loos
13 Ms. Streep
21 Explode
23 Stir-fry need
25 Claw or talon
27 Bar of soap
28 Butter substitute
29 Provide at interest
31 "Faint heart -- won ..."
33 Word of mouth
34 Many oz.
36 Water, in Baja
37 Squeezed fruit residue
38 Word of contempt
41 Poet's black
42 Cuttlefish pigment
45 Talk louder (2 wds.)
48 Harmony
50 Like some socks
52 Persists
53 Roughly
54 Dilapidated car
56 Posh hotel lobbies
57 Cheerful
58 Trouser parts
60 Theta preceders
62 -- fixe
63 Pie pans
64 Big Foot kin
67 Bracket type



metro.us/sudoku

easy

8	4				9	3		
		5		8	3		7	2
2		1					6	
			4		1		9	
				2				
	8		6		5			
	6					9		4
5	2		8	4		7		
		3	5				8	6

hard

		5	3					
		8				9		2
9			8	2		6		
		1	6			7	8	
	4		1		2		9	
	5	3			7	2		
		2		3	8			7
5		9				1		
					5	8		

metro.us/horoscopes

Aries Before starting something new, take care of unfinished business. Discipline will be required if you don't want to veer off-track. Curb impulsiveness.

Taurus Emotions will be difficult to control. Watch your spending habits and refrain from feeling compelled to pay for others to make an impression.

Gemini A change regarding an important relationship will be required if you want to move forward. Look at the pros and cons and make the necessary alterations.

Cancer Demanding people, bosses or dependents will be hard to deal with. A disciplined approach to whatever challenge you face will help you achieve your goal.

Leo Taking short trips, attending a lecture that offers financial advice or exploring ways to improve your domestic and professional lives will help you reach your goals.

Virgo Problems with an older family member or your household finances will surface if you don't take steps to deal with such matters. Stay on top of your responsibilities.

Libra Make personal changes that will help you market and promote what you have to offer. Make new friends and associates, and listen and learn from the advice you receive.

Scorpio Consider the consequences of your actions before making a decision that will affect your personal life. Emotional distress will not be worth your while. Be true to yourself.

Sagittarius A problem with a friend, relative or someone you encounter while traveling will intensify quickly if you aren't careful about how you respond to conflict.

Capricorn Stay focused on what's important to you. Be careful when dealing with bureaucratic or institutional matters. Read the fine print and take care of your affairs personally.

Aquarius If you want to negotiate or sign contracts, take a close look at the fine print. Making a hasty decision will cost you. Know your boundaries and your budget.

Pisces If you feel pressured by a co-worker, boss or partner, take a step back. Assess your situation and be honest about the way you feel. EUGENIA LAST

Yesterday's answers

W	H	A	T	■	■	D	R	U	M	■	R	A	J	A
O	A	S	E	S	■	R	O	S	A	■	E	D	E	N
W	H	I	S	K	■	I	N	D	Y	■	C	O	L	D
S	A	N	T	A	F	E	■	A	F	F	A	B	L	Y
■	■	■	■	T	E	R	R	■	L	O	P	E	S	■
H	E	D	G	E	D	■	A	R	I	A	■	■	■	■
A	L	I	A	S	■	A	T	T	E	M	P	T	E	D
V	A	N	S	■	S	I	T	E	S	■	H	E	R	A
E	N	T	H	R	A	L	L	S	■	A	D	L	I	B
■	■	■	■	A	P	S	E	■	A	I	S	L	E	S
■	S	H	A	R	P	■	D	E	A	R	■	■	■	■
A	N	A	H	E	I	M	■	P	A	I	D	O	F	F
D	O	Z	E	■	E	I	N	E	■	N	A	D	I	R
A	R	E	A	■	S	L	O	E	■	G	R	O	V	E
M	E	L	D	■	T	E	N	S	■	■	T	R	E	E

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